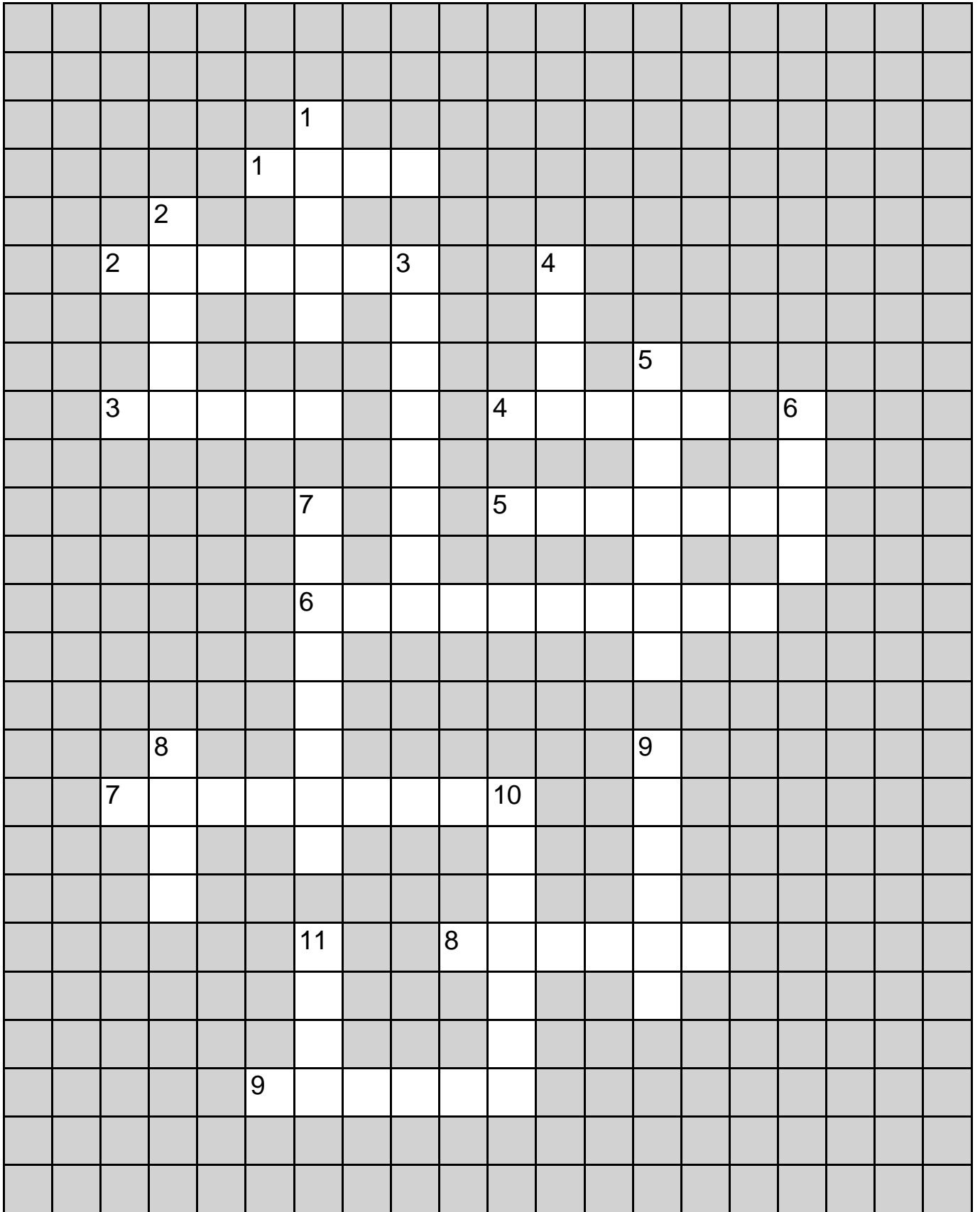


CROSSWORD PUZZLE: FALL PREVENTION TIPS



ACROSS

1. Prevents slipping on ice
2. Regular exercise program
3. Watch out for uneven floors
4. Indoor safety grab bars
5. Non-slip surface treatment
6. Home evaluation service
7. Use handrails when stairs
8. Wear these for traction
9. Keeps pathways clear

DOWN

1. Stable walking aids
2. Sit-to-stand device
3. Supportive footwear
4. Helps improve balance
5. Removes tripping hazards
6. Use non-skid rugs
7. Install these in bathrooms
8. Use these on wet floors
9. Brighten dimly lit areas
10. Store items at waist height
11. Adjustable walking cane

FALL PREVENTION TIPS

More than 1 in 4 people age 65 years or older fall each year, yet many falls can be prevented. Practice fall prevention safety with these helpful tips:

- Talk with your health care provider at every visit about medications, prior falls and your health history.
- Wear sensible shoes. Avoid floppy slippers, high-heels & shoes w/ slick soles.
- Keep moving – do daily exercise and balance exercises.
- Remove boxes, newspapers, electrical cords & phone cords from walkways.
- Move coffee tables, magazine racks and plant stands from high-traffic areas.
- Secure loose rugs with double-faced tape or remove them from your home.
- Repair loose, wooden floorboards and carpeting right away.
- Store clothing, dishes, food and other necessities within easy reach.
- Immediately clean spilled liquids, grease or food.
- Keep your home brightly lit to avoid tripping on objects that are hard to see.
- Place night lights in your bedroom, bathroom and hallways.
- Place a lamp within reach of your bed.
- Turn on the lights before going up or down stairs.
- Store flashlights in easy-to-find places.
- Use a cane or walker to keep you steady.
- Use handrails for both sides of stairways.
- Install nonslip treads for bare-wood steps.
- Use nonslip mats in your bathtub or shower.
- Install a raised toilet seat or one with armrests.
- Install grab bars for the shower or tub.
- Use a bath seat, which allows you to sit while showering.



Resources:

<https://www.cdc.gov/falls/index.html>

<https://www.ncoa.org/older-adults/health/prevention/falls-prevention>

<https://www.nia.nih.gov/health/falls-and-falls-prevention/preventing-falls-home-room-room>